

What is claimed is:

1. A steel sheet with excellent bendability comprising:

C : from 0.06 mass% to 0.25 mass%;

at least one of Si and Al : total 0.5-3 mass%;

Mn : from 0.5 mass% to 3 mass%;

P : no more than 0.15 mass% (excluding 0 mass%); and

S : no more than 0.02 mass% (excluding 0 mass%),

wherein the main structure of said steel sheet comprises retained austenite of 5-30 area% and ferrite of no less than 50 area%,

and wherein there exist no more than 40 carbide grains per 2000  $\mu\text{m}^2$  in said steel sheet.

2. The steel sheet as defined in Claim 1, further comprising at least one member selected from the group consisting of:

Mo : no more than 1 mass% (excluding 0 mass%);

Ni : no more than 0.5 mass% (excluding 0 mass%); and

Cu : no more than 0.5 mass% (excluding 0 mass%).

3. The steel sheet as defined in Claim 1, further comprising at least one of Ca of no more than 0.003 mass% (excluding 0 mass%) and rare earth element of no more than 0.003 mass% (excluding 0 mass%).

4. The steel sheet as defined in Claim 1, wherein the main structure of said steel sheet comprises retained austenite

of 5-20 area%.

5. The steel sheet as defined in Claim 1, wherein there exist no more than 30 carbide grains per 2000  $\mu\text{m}^2$  in said steel sheet.